

**CLAIMS**

**What is claimed is:**

1. A method for providing interactive training application to a user comprising the steps of:  
  
creating a database, said database comprising information on a) a plurality of trainers, b) a plurality of exercise routines, one or more of said exercise routines providing a result;  
  
selecting a trainer from said plurality of trainers;  
  
choosing a result to be achieved;  
  
creating a sequence of exercise routines to achieve said result; and  
  
presenting said sequence of exercise routines to said user by said selected trainer.
2. The method of claim 1, wherein the step of choosing a result to be achieved further including the step of selecting an area of interest.
3. The method of claim 2, wherein the step of choosing a result to be achieved further including the step of presenting a plurality of skill levels for each said result and choosing a skill level.

4. The method of claim 3, wherein the step of selecting an area of interest further includes presenting a plurality of area of interest for each said skill level under each said result and choosing an area of interest.
5. The method of claim 4, wherein the step of presenting a plurality of area of interest further including graphically displaying the human anatomy and choosing an area of interest from said human anatomy display.
6. The method of claim 1, wherein the information on trainers further comprising information on each of said trainers from the group consisting of said trainer's biography, said trainer's credentials and said trainer's area of specialization.
7. The method of claim 1, wherein the step of choosing a result includes choosing from the group consisting of Toning & Firming, Strength & Size, Cardio, said result representing physical results obtained by said user from said exercise routines.
8. The method of claim 1, wherein the step of presenting said sequence of exercise routine further includes the step of presenting the usage of gym equipment to achieve said result.
9. The method of claim 4, wherein the step of choosing an area of interest includes choosing from the group consisting of whole body, legs, back, chest, abdomen, arms, said area of interest representing the muscle groups of the body of said user that can be exercised.

10. The method of claim 8, wherein the step of presenting the usage of gym equipment further including the steps of:  
  
describing the function of each of the gym equipment,  
  
describing the operation of each of the gym equipment,  
  
describing the specific muscle groups involved and exercised when using each of the gym equipment, and  
  
describing the logical order of training the specific muscle groups on each of the gym equipment,  
  
wherein said presentation is by said selected trainer to said user.
11. The method of claim 4, further including the steps of presenting a plurality of navigational links and providing means to said user to choose from said navigational links, said navigational links enabling said user to navigate through the application.
12. The method of claim 11, wherein the step of choosing said navigational links includes choosing from a group consisting of alternate-exercise, track-your-progress, back, home, Popular question, music.
13. The method of claim 12, wherein the step of choosing alternate-exercise link further including the steps of presenting an alternate gym equipment to exercise same area of interest as original gym equipment when said original gym

equipment is unavailable, and presenting a different exercise routine on same gym equipment, said presentation providing alternate exercise routine to exercise specific area of interest for said user.

14. The method of claim 12, wherein the step of choosing track-your-progress link further including the step of presenting a tracking log to said user for update, updating said tracking log with input from said user and reporting on progress made by said user on said exercise routine.
15. The method of claim 14, wherein the step of updating said tracking log further including updating said log with information from said user from the group consisting of said user's weight lifted, number of repetitions performed by said user on each of said exercise routines, progress with said chosen trainer, progress with said exercise routine.
16. The method of claim 12, wherein the step of choosing the popular questions link further comprising the step of presenting a plurality of popular questions and answers to said popular questions, said questions related to said gym equipment and exercise routines.
17. The method of claim 12, wherein the step of choosing said music link further including providing access to a MPEG Audio layer 3 interface (MP3), and allowing said user to play his/her own music of choice on said interface during said user's performance of said exercise routine.

18. The method of claim 1, further including an introduction and a short tutorial on how to use said personal training application, said introduction and tutorial to familiarize said user with said personal training application.
19. An interactive training application system for a user comprising:
- a database, said database comprising information on a) a plurality of trainers, b) a plurality of exercise routines, one or more of said exercise routines providing a result;
  - a user interface to receive user's response when said user selects a) a trainer from said plurality of trainers, b) a result to be achieved; and
  - a user interface to display said plurality of trainers, said plurality of results to be achieved and sequence of exercise routines to said user by said selected trainer.
20. The system of claim 19, wherein said system includes any one from a group consisting of a desktop computer, personal computer (PC), a workstation, a notebook computer, a handheld personal digital assistant, a cellular phone, a DVR (digital video recorder) and an interactive pager.
21. The system of claim 19, wherein said user interface to receive input from said user is an input device connected to said system, said input device is from a group consisting of keyboard, keypad, a number pad from a cell phone, remote control,

wherein said output device to display is an output device connected to said system, said output device is from a group consisting of computer monitor, video monitor, TV screen, video screens, touch screen and Liquid Crystal Display screens.

22. The system of claim 20, wherein said database is on a storage device, said storage device capable of interacting with said computer/computing device.
23. The system of claim 22, wherein said storage device is a compact disc.
24. The system of claim 22, wherein said storage device is a flash memory module.
25. An interactive training application system for a user over a communications network comprising:
  - a server hosting a database, said database comprising information on a) a plurality of trainers, b) a plurality of exercise routines, one or more of said exercise routines providing a result;
  - a user interface to receive user's response when said user selects a) a trainer from said plurality of trainers, b) a result to be achieved; and
  - a user interface to display a sequence of exercise routines to said user by said selected trainer.
26. The system of claim 25, wherein said communications network is the Internet.

27. The system of claim 25, further comprising a system to access said server remotely over said communications network, said access is by a wired connection,
- wherein said system includes any one from a group consisting of a desktop computer, personal computer (PC), a workstation, a notebook computer, a handheld personal digital assistant, a cellular phone, a DVR (digital video recorder) and an interactive pager.
28. The system of claim 25, further comprising a system to access said server remotely over said communications network, said access is by a wireless connection,
- wherein said system includes any one from a group consisting of a desktop computer, personal computer (PC), a workstation, a notebook computer, a handheld personal digital assistant, a cellular phone, a DVR (digital video recorder) and an interactive pager.
29. The system of claim 25, wherein said user interface to receive user's response is an input device connected to said system, said input device is any one from a group consisting of keyboard, keypad, a number pad from a cell phone, remote control,

wherein said output device to display is any from a group consisting of computer monitor, video monitor, TV screen, video screens, touch screens and Liquid Crystal Display screens connected to said system.